



# National Nutrient Database for Standard Reference

## Release 28 slightly revised May, 2016

### Statistics Report 09112, Grapefruit, raw, pink and red, all areas

Report Date: June 30, 2017 07:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<strong>Proximates</strong>													
Water <a href="#">1</a> <a href="#">2</a> <a href="#">3</a>	g	88.06	9	0.761	86.9	90.67	2.0	84.789	91.338	3	Analytical or derived from analytical	--	01/2003
Energy	kcal	42	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kJ	176	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Protein <a href="#">1</a> <a href="#">2</a>	g	0.77	8	0.032	0.7	0.95	5.0	0.686	0.856	2	Analytical or derived from analytical	--	01/2003
Total lipid (fat) <a href="#">1</a> <a href="#">2</a>	g	0.14	8	0.031	0.07	0.36	3.0	0.045	0.241	2	Analytical or derived from analytical	--	01/2003
Ash <a href="#">1</a> <a href="#">2</a>	g	0.36	8	0.008	0.28	0.45	6.0	0.338	0.379	2	Analytical or derived from analytical	--	01/2003
Carbohydrate, by difference	g	10.66	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary <a href="#">2</a> <a href="#">3</a>	g	1.6	5	0.242	1.4	2.1	1.0	-1.436	4.721	2	Analytical or derived from analytical	--	01/2003
Sugars, total <a href="#">1</a> <a href="#">2</a>	g	6.89	8	0.369	4.91	7.8	4.0	5.877	7.902	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose <a href="#">1</a> <a href="#">2</a>	g	3.51	8	0.176	2.29	4.35	6.0	3.071	3.95	2	Analytical or derived from analytical	--	01/2003
Glucose (dextrose) <a href="#">1</a> <a href="#">2</a>	g	1.61	8	0.157	0.96	2.11	4.0	1.149	2.073	2	Analytical or derived from analytical	--	01/2003
Fructose <a href="#">1</a> <a href="#">2</a>	g	1.77	8	0.080	1.27	2.17	6.0	1.573	1.962	2	Analytical or derived from analytical	--	01/2003
Lactose <a href="#">1</a> <a href="#">2</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Maltose <a href="#">1</a> <a href="#">2</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Galactose <a href="#">1</a> <a href="#">2</a>	g	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Starch <a href="#">2</a>	g	0.00	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	22	9	4.428	13	33	2.0	3.064	41.169	3	Analytical or derived from analytical	--	01/2003
Iron, Fe <a href="#">2</a> <a href="#">4</a>	mg	0.08	5	0.017	0.06	0.11	1.0	-0.137	0.291	2	Analytical or derived from analytical	--	01/2003
Magnesium, Mg <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	9	9	0.289	8	10	2.0	7.44	9.923	3	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P <a href="#">1</a> <a href="#">2</a>	mg	18	8	0.660	15	20	6.0	16.442	19.708	2	Analytical or derived from analytical	--	01/2003
Potassium, K <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	135	9	13.613	95	165	2.0	76.878	194.022	3	Analytical or derived from analytical	--	01/2003
Sodium, Na	mg	0	17	0.049	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Zinc, Zn <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	0.07	9	0.014	0.05	0.1	2.0	0.01	0.127	3	Analytical or derived from analytical	--	01/2003
Copper, Cu <a href="#">2</a> <a href="#">4</a>	mg	0.032	5	0.005	0.02	0.04	1.0	-0.03	0.094	2	Analytical or derived from analytical	--	01/2003
Manganese, Mn <a href="#">1</a> <a href="#">2</a> <a href="#">4</a>	mg	0.022	9	0.005	0.01	0.04	2.0	0.001	0.044	3	Analytical or derived from analytical	--	01/2003
Selenium, Se <a href="#">2</a>	µg	0.1	4	0.015	0	0.1	3.0	0.007	0.1	1	Analytical or derived from analytical	--	01/2003
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a> <a href="#">2</a>	mg	31.2	8	1.379	22.6	36.3	5.0	27.628	34.697	2	Analytical or derived from analytical	--	01/2003
Thiamin <a href="#">1</a> <a href="#">2</a>	mg	0.043	8	0.002	0.03	0.06	6.0	0.039	0.047	2	Analytical or derived from analytical	--	01/2003
Riboflavin <a href="#">1</a> <a href="#">2</a>	mg	0.031	8	0.002	0.02	0.05	3.0	0.025	0.038	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin <a href="#">1</a> <a href="#">2</a>	mg	0.204	8	0.018	0.16	0.32	5.0	0.156	0.251	2	Analytical or derived from analytical	--	01/2003
Pantothenic acid <a href="#">1</a> <a href="#">2</a>	mg	0.262	8	0.017	0.17	0.39	4.0	0.216	0.307	2	Analytical or derived from analytical	--	01/2003
Vitamin B-6 <a href="#">1</a> <a href="#">2</a>	mg	0.053	8	0.006	0.04	0.08	3.0	0.035	0.071	2	Analytical or derived from analytical	--	01/2003
Folate, total <a href="#">1</a> <a href="#">2</a>	μg	13	8	0.457	8	19	3.0	11.694	14.605	2	Analytical or derived from analytical	--	01/2003
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	μg	13	8	0.457	8	19	3.0	11.694	14.605	2	Analytical or derived from analytical	--	08/2010
Folate, DFE	μg	13	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Choline, total <a href="#">1</a> <a href="#">2</a>	mg	7.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Betaine <a href="#">1</a> <a href="#">2</a>	mg	0.1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2006
Vitamin B-12	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	μg	58	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta <a href="#">1</a> <a href="#">2</a> <a href="#">5</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a>	µg	686	91	245.802	248	2,343	7.0	104.736	1267.196	8	Analytical or derived from analytical	--	01/2003
Carotene, alpha <a href="#">1</a> <a href="#">2</a> <a href="#">6</a> <a href="#">7</a> <a href="#">8</a> <a href="#">10</a>	µg	3	74	2.338	0	14	5.0	-3.473	8.549	6	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta <a href="#">1</a> <a href="#">2</a> <a href="#">6</a> <a href="#">8</a> <a href="#">9</a> <a href="#">10</a>	µg	6	73	4.900	0	30	5.0	-6.477	18.717	6	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	1150	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lycopene <a href="#">1</a> <a href="#">2</a> <a href="#">5</a> <a href="#">8</a> <a href="#">10</a>	µg	1419	23	525.256	160	3,362	4.0	-39.396	2877.296	5	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin <a href="#">1</a> <a href="#">2</a> <a href="#">8</a> <a href="#">10</a>	µg	5	8	5.000	0	20	3.0	-10.912	20.912	4	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol) <a href="#">1</a> <a href="#">2</a>	mg	0.13	8	0.016	0.1	0.23	3.0	0.085	0.182	2	Analytical or derived from analytical	--	01/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta <a href="#">1</a> <a href="#">2</a>	mg	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Tocopherol, gamma <a href="#">1</a> <a href="#">2</a>	mg	0.00	8	0.002	0	0.01	3.0	-0.004	0.008	2	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, delta <sup>1</sup> <sub>2</sub>	mg	0.00	8	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <sup>1</sup> <sub>2</sub>	µg	0.0	7	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
4:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
14:0	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
16:0	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total monounsaturated	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
16:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
20:1	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fatty acids, total polyunsaturated	g	0.036	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:2 undifferentiated	g	0.029	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:3 undifferentiated	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
18:4	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	04/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
<b>Amino Acids</b>													
Tryptophan <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Threonine <a href="#">1</a> <a href="#">2</a>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine <a href="#">1</a> <a href="#">2</a>	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine <a href="#">1</a> <a href="#">2</a>	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine <a href="#">2</a>	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2010
Tyrosine <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Valine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine <a href="#">1</a> <a href="#">2</a>	g	0.087	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Histidine <a href="#">1</a> <a href="#">2</a>	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine <a href="#">1</a> <a href="#">2</a>	g	0.024	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid <a href="#">1</a> <a href="#">2</a>	g	0.138	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid <a href="#">1</a> <a href="#">2</a>	g	0.197	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine <a href="#">1</a> <a href="#">2</a>	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline <a href="#">1</a> <a href="#">2</a>	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine <a href="#">1</a> <a href="#">2</a>	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2003
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Flavonoids</b>													
Anthocyanidins													
Cyanidin <a href="#">13</a>	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Gallocatechin <a href="#">13</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin <a href="#">13 14</a>	mg	0.3	--	0.04	0	1.17	--	--	--	--	--	--	--
Naringenin <a href="#">13 14</a>	mg	32.6	--	6.62	16.28	44.97	--	--	--	--	--	--	--
Flavones													
Apigenin <a href="#">13 14</a>	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin <a href="#">13 14</a>	mg	0.6	--	0.12	0	1.4	--	--	--	--	--	--	--
Flavonols													
Kaempferol <a href="#">14</a>	mg	0.0	--	0	0.01	0.01	--	--	--	--	--	--	--
Myricetin <a href="#">13 14</a>	mg	0.0	--	0	0	0.03	--	--	--	--	--	--	--
Quercetin <a href="#">13 14</a>	mg	0.3	--	0.19	0	2.02	--	--	--	--	--	--	--
Isoflavones													
Daidzein <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Glycitein <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones <a href="#">15</a>	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers <a href="#">11 12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <a href="#">11 12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <a href="#">11 12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <a href="#">11 12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <a href="#">11 12</a>	mg	0.0	--	0	0	0	--	--	--	--	--	--	--

Sources of Data

- <sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5i, 2001 Beltsville MD  
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